Elder Services of Berkshire County - Nutrition Program

SENIORS 60 YEARS OF AGE OR OLDER - Suggested Donation - $2.00

OCTOBER 2020

All contributions are returned to the community toward the cost of the Nutrition Program and Services.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Sponsored in part by: **GREYLOCK** FEDERAL CREDIT UNION		**1** Macaroni and Cheese 627 Chunky Tomato Soup 262 Peas 58 Oat Nut Bread 150 Mixed Fruit 10 *Calories: 667 Sodium: 1232*	
5 Beef Stew 72 Mashed Potatoes 39 Winter Blend Vegetables 10 Dinner Roll 210 Applesauce 0 *Calories: 731 Sodium: 456*			**8** Chicken Divan 379 Steamed Rice 4 Green Bean Almondine 3 12 Grain Bread 200 Fresh Orange 0 *Calories: 626 Sodium: 711*	
12 COLUMBUS DAY **CLOSED**	DALTON SENIOR CENTER 40 FIELD ST. EXT. 684-2000		**15** Veal Patty* 460 Pepper & Onion Sauce 49 Mashed Potatoes 39 Carrots & Parsnips 29 12 Grain Bread 200 Fruit Cocktail 5 *Calories: 810 Sodium: 907*	
19 Veg. Lasagna w/ Meat Sc* 510 Italian Green Beans 3 Asparagus Cuts & Tips 4 Oat Nut Bread 150 Sliced Peaches 6 *Calories: 709 Sodium: 798*	**Grab & Go Lunches** **Mon. & Thurs.**		**22** Roast Pork w/Gravy 183 Mashed Sweet Potatoes 36 Cauliflower w/ Pimiento 17 Dinner Roll 210 Applesauce 0 *Calories: 791 Sodium: 571*	
26 Chicken Puttanesca 479 Buttered Egg Noodles 8 Brussel Sprouts 5 12 Grain Bread 200 Sliced Pears 5 *Calories: 579 Sodium: 822*	24 HOUR NOTICE REQUIRED		**29 Halloween** GHOULASH 94 Sliced Beets 185 Broccoli Florets 22 Dinner Roll 120 Fruited Orange Gelatin ** 89 *Calories: 682 Sodium 635*	

Dietary Information: All meals include 1% Milk 110 calories/125 mg sodium
Calories and sodium from salad dressings, margarine, crackers and condiments
are not included. *High Sodium **Modifications for restricted sugar available
Nutrition information provided is not exact but will help guide you.

Elder Services
of Berkshire County, Inc.